My Health Friends

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Joan Wade Cole
Karen K. Welch
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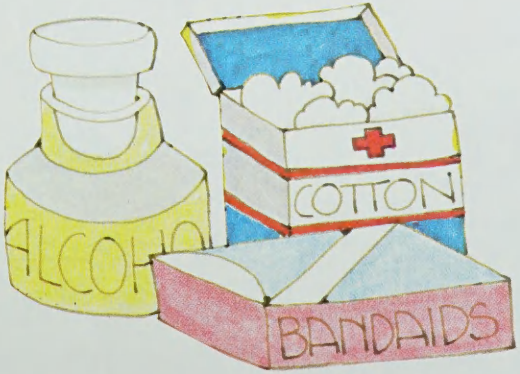
My Health Friends



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Illustrations by Julie Fuhriman

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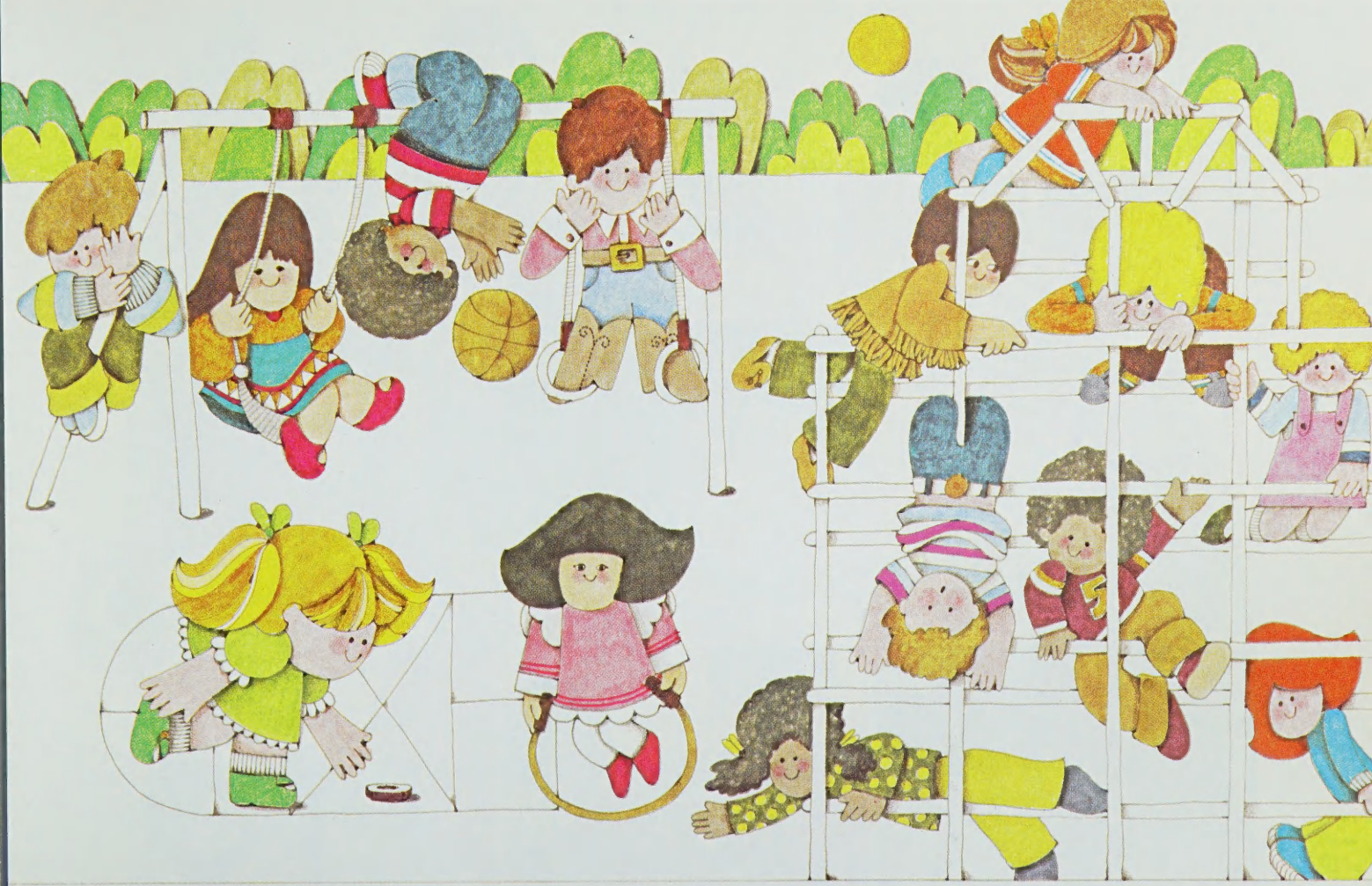


Health is how you feel. If you are sick, your health is bad. If you are well, your health is good. How is your health?

Your health is important.
There are many special people
who take care of your health.

Your parents take care of your health.

They make sure you have the food and water that your body needs.

They make sure you live in a clean house.

What else do your parents do to take care of your health?

Nurses know lots of things to do for your health.
They weigh you, and they take your temperature.
Has a nurse ever helped you?

Nurses help doctors. When you are sick, doctors can help you feel better.

When your health is good, doctors can help keep you feeling good.

Do you go to a doctor for a checkup?

Sometimes the nurse or doctor has to do something that hurts you a little.

Shots hurt a little, don't they?

But you don't mind a little hurt, do you?

Shots help make you well when you are sick. And shots help keep you in good health.

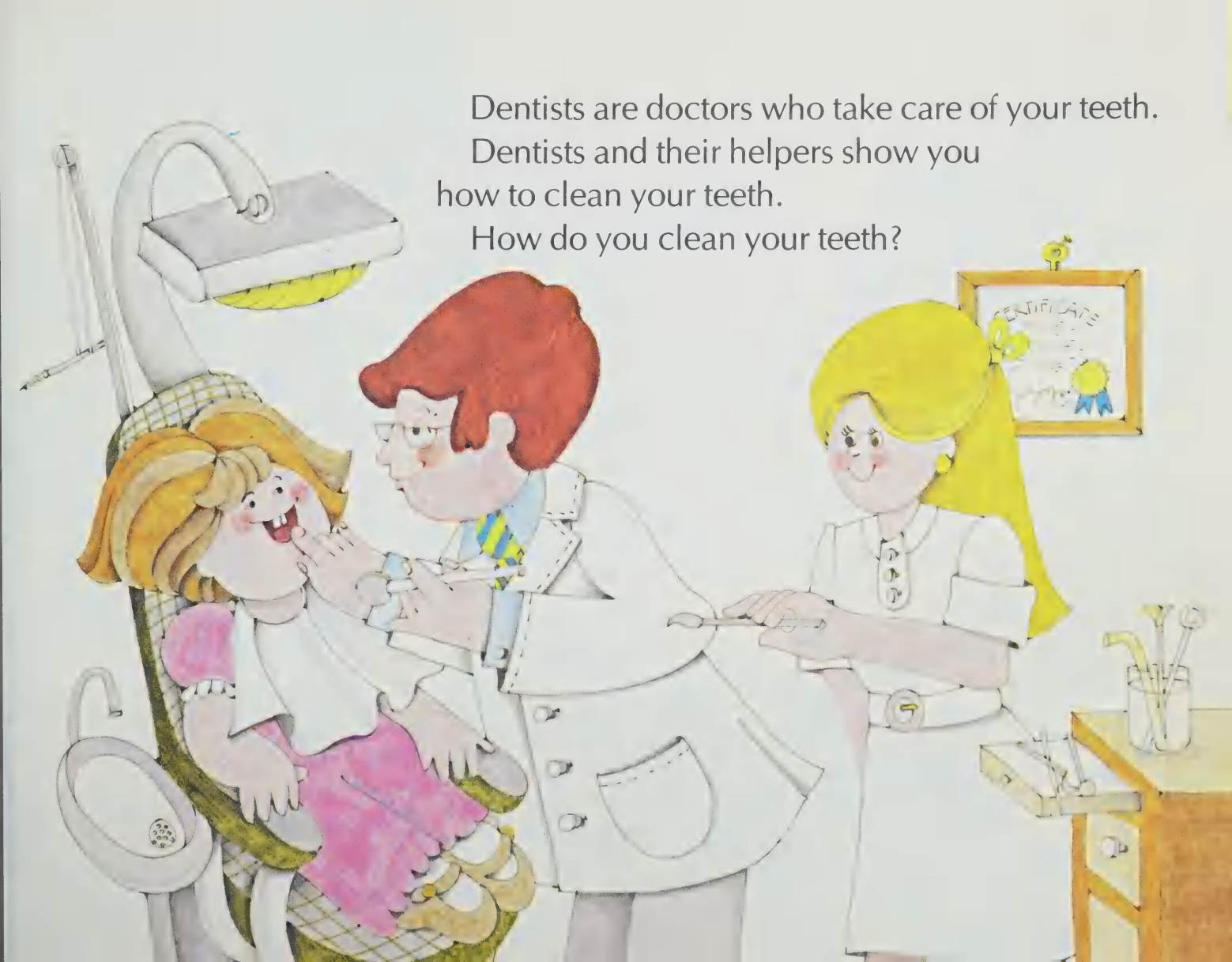
Have you ever had a shot?

There are special kinds of doctors to care for your health.

Some doctors take care of your eyes.

They can tell you when you need glasses.

Dentists are doctors who take care of your teeth.
Dentists and their helpers show you
how to clean your teeth.
How do you clean your teeth?



When a doctor says that you need medicine, where do you get it?

You get medicine at the drugstore from a pharmacist.

A pharmacist helps you get the medicine you need.

Do you know a pharmacist?

There is one very special person who takes care of your health.

This special person knows when you are sick and need a doctor.

And this special person knows that you are clean and healthy. Who is it?

You are the very special person.
You know when you feel sick.
You know how to keep your teeth
and your body clean and healthy.

Your health is important. There are many people who can help you take care of your health.

You are special. Take care of yourself.

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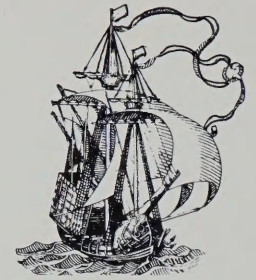

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